

Hepatitis A

HEALTH WARNING

3 THINGS TO KNOW ABOUT HEP A

- Hepatitis A (hep A) is a virus that spreads easily. Many people don't know they have hep A so they spread it without knowing.
- Hep A can cause severe liver disease that can last for months. On rare occasions, it can lead to liver failure and death.
- A hepatitis A vaccine can prevent you from getting infected.

HEP A SPREADS EASILY

The hep A virus is in the feces (poop) of someone with hep A. If they haven't washed their hands after using the toilet, tiny bits of feces can get on things they touch. Hep A spreads from:



Touching objects or eating food that someone with hep A handled



Having sex with someone who has hep A



Sharing needles, pipes, or other items to take drugs

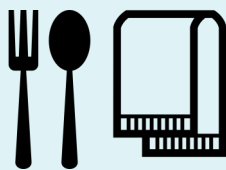
HOW CAN YOU PREVENT HEP A?



Get the hep A vaccine. You can get hep A shots from your doctor or clinic. Most pharmacies offer the hep A shots if you have an insurance card.



Wash your hands with soap and water after using the toilet and before you cook or eat.



Don't share personal items, like towels and utensils.



Don't share food, drinks, needles, or cigarettes.

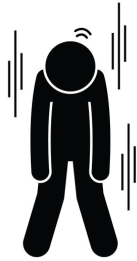


Don't have sex with someone who has hep A. Condoms and other measures to prevent STDs don't prevent hep A.

SYMPTOMS OF HEP A



Fever



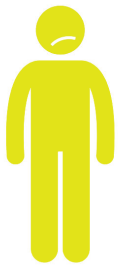
Fatigue



Nausea



No appetite



Jaundice
(yellowing of eyes & skin)



Stomach
pain



Vomiting



Dark pee, pale
poop, and
diarrhea

Some people with hep A don't have any symptoms.

WHEN TO GET MEDICAL HELP

If you think you might have hep A, see your doctor.

More information : www.kingcounty.gov/hepA

Thanks to San Diego Health and Human Services for adaptation of their materials.

Public Health
Seattle & King County

